

WHAT MAKES THIS TOFU BOOK DIFFERENT FROM THE REST?

Well, the fact is that I am a “back to basics” kind of girl - I guess to be politically correct I should say “woman”! What can I say? The older I get the more I prefer to hear the word girl in reference to myself. Anyway, *if it can't be done in 5 minutes*, it won't likely be done by me, especially when it comes to food preparation. **I hate to cook! But I love to prepare food!**

Sound like a contradiction in terms? Well only if you believe that you have to cook food to make it taste good! *Personally, I want to eat great tasting food that also does great things for my body.* The food I eat has to maintain the maximum number of nutrients possible throughout the process of preparation to be acceptable in my nutritional program. Anyone who has heard me speak, or read my book, **5 Minutes to Health**, knows that I do not believe in over processing food. The less preparation and cooking the food is subjected to, the greater the amount of nutrients it maintains! The more nutrients in the food, the more nutrients the body receives. And the more nutrients the body receives, the more efficiently it operates. And the more efficiently the body operates, the more energy, vitality and wellness you will experience!

As a rule, in my own food and lifestyle practices, I believe that the simpler the processing or practice, the closer to natural, the better for my body (and mind and spirit!). Throughout history the great masters, teachers and healers have consistently promoted the necessity for simplicity in everything we do, including the food we eat, if we are to remain healthy. It seems that the rule in our Western culture is to create food items that are as far removed from their original sources and forms as possible, in order to make them more convenient, as well as more pleasing and acceptable to our disrupted palates. To do this we take a simple food, put it through many complicated processes and then restructure it into a refined edible item that has very few of the original nutrients intact. This is in no way a simple process, nor a simple product.

We have become addicted to ingredients such as sugar, salt, hydrogenated fats, caffeine and monosodiumglutamate (MSG). As a result we are consuming increasingly larger amounts of packaged, bottled and canned, commercial, over-processed and reformulated food-like items, full of numerous additives and preservatives. These denatured products, with an almost infinite shelf-life, bare no resemblance to the original foods. The further we move away from natural foods, the more we crave these additives and flavor enhancers in a futile attempt to somehow satisfy our deprived taste buds.

Throughout “**I Can't Believe It's Tofu!**”, you will only find natural whole foods and healthy flavor enhancers such as fresh or dried herbs and spices, lemons, onions, garlic, plant-based seasonings and natural sweeteners. In general, the recipes require little or no cooking, and very little preparation time. The best part about this book is that all of the recipes and ideas are very simple, generally using a minimum of *all-natural* ingredients. And they **taste great!** What I have created in this book, as in **5 Minutes to Health**, are

delicious, healthy alternatives to all of those compromised pseudo-foods lining most of the shelves in every store in the Western world!

At no time *in this book* do I do manipulate or over-process the tofu by freezing it and then squeezing out the liquid to make it more meat-like in texture. This process removes a significant percentage of the valuable protective isoflavones, genistein and daidzein, not to mention other nutrients. I am not opposed to eating tofu which has been processed in this manner once in awhile. This is a good method for producing a high quality protein alternative to meat which has a meat-like texture. It is especially useful for any diehard meat eaters attempting to move towards a more plant based diet in the name of health. There are many excellent books available which can instruct you on the methods for preparing such foods. I have listed several of them in the **Resources** section. However, that is not the purpose of this book.

As you begin to incorporate more and more of these wholesome recipes into your own nutritional program, you will gradually crave less and less of those foods which compromise your body's efficiency to function optimally. How do I know this? Well, at the age of 20 I tipped the scales at 250 pounds. I was very lethargic, depressed, tired of being tired, and seriously addicted to anything loaded with sugar, salt, MSG, caffeine and fat. Now, almost 60 years of age, I weigh 1/2 of that weight and maintain it easily without dieting. I have more energy than most people half my age, never experience depression, and my palate craves only real food! If I can do it, anyone can!!

As I have already stated, I am a "back to basics" nutritionist and cook, with a well-founded belief that the less processing the better! Have fun with the recipes, and enjoy the tantalizing and delicious tastes of natural wholesome foods combined in creative, exciting and unique ways.